**Sweet potato smoothie with pineapple and coconut water**



**Ingredients for 4 Smoothies à 200 ml:**

300 g sweet potatoes from North Carolina

500 g Pineapple

2 organic oranges

1 lemon

300 ml coconut water

**Directions:**

1. Preheat oven to 180° C (upper and lower heat). Wrap sweet potatoes into aluminum foil and bake in for 60-80 minutes. Take out the oven and take out the pulp with a spoon.
2. In the meantime, peel the pineapple and dice it. Wash oranges with hot water, then dry them: Grate the zest and squeeze all citrus fruits. Blend with sweet potatoes, pineapple and coconut water, season with lemon juice.

**Tip:** Cook sweet potatoes the evening before.

**Nutrition facts per portion:**

Energy: 160 kcal/650 kJ

Protein: 2 g

Fat: 1 g

Carbohydrates: 33 g